

**Progress Ops Prior to Undocking**

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50		Prep for work
07:50-08:05		Daily planning conference ( <i>S-band</i> )
08:05-08:15		Prep for work
08:15-09:45	CDR	Installation of ЛКТ local signal router (TA251МБ) № 1417726326 ( <b>stowed behind 305 CM</b> ) and ПЗУ in Progress-248
08:15-08:45	FE-1	Pore Formation and Mobility Investigation (PFMI): sample removal
08:45-08:55		Data transfer from PCMCIA card to MLC card for archiving
08:55-09:05		PFMI: videotape removal
09:05-09:15		ISS-7 daily payload status check
09:20-11:20		S/W installation from CD to SSC file server for NGL
09:45-09:55	CDR	MOLNIA-SM. Drive replacement.
09:55-10:35		Leak check of the docking interface between Progress M1-10 (No. 259) and DC1. <i>Tag-up (S-band)</i>
10:35-11:05		ISS fire response OBT <i>Tag-up (S-band)</i>
11:05-11:35		COX maintenance
11:20-12:35	FE-1	Physical exercise (RED)
11:35-12:35	CDR	Physical exercise (VELO + Load Trainer-1 / Day 3)
12:35-13:35	.	LUNCH
13:35-15:05	CDR	RODF updates
13:35-13:45	FE-1	PAO event setup
13:45-13:55		Prep for PAO event
13:55-14:05		Downlink message for the competitors in the 2003 World Championships of Freestyle Wrestling
14:10-14:25		Pore Formation and Mobility Investigation (PFMI)
14:25-14:45		Pore Formation and Mobility Investigation (PFMI)
14:45-14:55		EPF selection, sample check, pointing, sample processing init, and computer activation
14:55-16:05		NGL installation
15:05-15:45	CDR	IMS file prep.
16:05-16:10	FE-1	HAM radio prep.
16:10-16:20		HAM radio compass
16:10-17:40	CDR	Physical exercise (TVIS – 3)
16:20-17:35	FE-1	Physical exercise (CEVIS)
17:35-17:55		NGL installation
17:40-18:10	CDR	Diatomea: Ocean observation
18:10-18:15		БРПК separator inspection
18:15-18:45	.	Daily plan review

18:45-18:55		Prep for work
18:55-19:10		Daily planning conference ( <i>S-band</i> )
19:10-19:30		Prep for work
19:30-19:40	FE-1	PFMI: videotape removal
19:30-20:00	CDR	Daily food prep
19:40-20:00	FE-1	Daily food prep
20:00-20:30		DINNER
20:30-21:30	.	Pre-sleep
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities

End of radiogram